



See page 4

MAY 24, 2017 • VOLUME 118, No. 21

UPPER VALLEY NEWS SINCE 1904

SINGLE COPY \$1.00

Spring chinook salmon season cancelled on Icicle Creek

First closure in 17 years

By IAN DUNN
EDITOR

Officials from the Washington Department of Fish and Wildlife have decided to cancel the spring chinook salmon fishery on Icicle Creek for 2017. WDFW District 7 Fish Biologist Travis Maitland said forecast for the season was not too bad initially, though it was definitely on the low end.

"Some of things that went into that modeling was the poor ocean conditions the fish experienced in 2015 and some in 2016," Maitland said. "We had very poor outmigration conditions in 2015. We had a very low water year. Some of the survivals of those stocks going down river were not very good. Now, we're getting some of those fish back as adults. We're seeing those lingering affects from what happened that year."

Maitland said they were hoping the run would not be so low, but there was speculation out there for a couple years on what might happen. He said they saw the same thing happen last year.

"The steelhead run started last year. The steelhead spawning right now are in pretty low abundance, just because of what happened," Maitland said. "We're likely to see that again this year for upper Columbia steelhead as

well. Hopefully, after that, we'll be out of it, if we have good ocean conditions. We've had a great water year here. We've had a really good outmigration happening right now with the juveniles."

There is some speculation with the amount of water being spilled on the lower Columbia River dams that it might have some affect on run timing, Maitland said. He said they are starting to see some signs the run is past the 50 percent mark.

"Most of the times, when we start seeing the numbers of jacks (early returning salmon) increasing, that a pretty good indication you're getting toward the tail end of the run, because they are always the later group that shows up," Maitland said. "We had an update yesterday with the Fish and Wildlife Service, the tribe, the state. We've been having a call-in every week just to see where we're at on the estimates. It's still looking pretty poor."

As of last week, Maitland said there were only 10 PIT tag detections at Bonneville Dam that were for Leavenworth bound fish. That expands out to 700 fish. The Leavenworth National Fish Hatchery needs at least 1,000 for their brood stock needs. LNFH is also helping the Colville National Fish Hatchery at Chief Joe Dam with an additional 640

fish.

"So, with those numbers, we're not even looking to meet even those. That's why we're holding off on the fishery for now in hopes we can at least meet brood stock objectives," Maitland said.

There is the potential the salmon season could open, but Maitland said as every day goes by, they are losing more hope.

"Some of us are still hanging on to maybe there is a group hanging out between the mouth and Bonneville that are late are not moving for whatever reason," Maitland said. "It's not a done deal yet. We're still monitoring it. If we see more fish above and beyond what those objectives are, we could very well open it."

It is definitely getting more and more unlikely, especially when they are not seeing the huge bump in the run at Bonneville, he said. It is getting toward the end of the run, so if they don't see any significant numbers by the end of this week, that would probably be about it.

The Icicle run has been open at least 17 years in row, so it has been a fairly consistent fishery.

"There was one year in the mid-90s it did not open, because of low run year. That's why we decided to put the fishery in the permanent

Soccer team to state semifinals!



Photo by Ian Dunn

The Cascade defense has been stellar all season, including the playoffs. Here, defenseman Alexis Tovar boots the ball away from potential trouble.

rules. It's in there this year. That did not work out the way we wanted it to," Maitland said. "We put it in the permanent rules to open May 15 every year. We did that because the fishery has been so consistent. That is about the average date we've been able to open it up each year. We thought instead of announcing this by fishery rule change every year, let's just put it in the pamphlet."

Of course, once they put it into the pamphlet, they have to cancel the fishery. Murphy's Law, he said. To date, there have not been much in the way of calls and emails about

SEE SALMON ON PAGE 2

Construction has begun on Leavenworth's new skatepark

By IAN DUNN
EDITOR

No question, the new Leavenworth skatepark is on the fast track. Work has already begun on the new park, which is located at Enchantment Park, near the pump track. Leavenworth City Administrator Joel Walinski said the contractor, Grindline Inc., was able to start sooner than expected.

"They started earlier than I thought. I was expecting them to start in mid-May. They actually kicked off the project, getting together with the city to kick off the initial prep work of the site, on May 1," Walinski said. "That puts us in line, with a two month construction period, at the beginning of July to be finished, up and running. It is weather dependent."

The site dried out early, Walinski said, but also much work was done behind the scenes to make it possible for Grindline to hit the ground running.

"The community, council, skatepark committee, Grind-

line, all worked together and solved the issues of the final design and how to get there. That was at the end of April when that decision was made, to get to construction documents," Walinski said. "They had been doing some homework, prepping for it. Once the decision was made, that opened the door to get things done, in terms of the construction documents, getting it on the schedule."

One of things working in the city's favor, he said, was the fact that Leavenworth is close to Grindline's base of operations in Seattle. As well, many of the workers live in Cle Elem and other nearby areas. That helped to keep Leavenworth on their schedule.

There are not many subcontractors, he said, but there are a lot of people helping. "It's primarily Grindline and their crew working at it. I know there's some folks in the community working with different individuals on in-kind donations. There's truck time for delivering sand, gravel and

SEE SKATEPARK ON PAGE 2



Photo by Ian Dunn

City crews did some of the early site clearing work at the skatepark site in Enchantment Park.

Council considers changing parking fees

By IAN DUNN
EDITOR

New electronic parking meters have been installed at two more parking lots downtown. This prompted a discussion by the Leavenworth City Council at the May 9 study session. The pay stations at the Festhalle (P3) and old warehouse (P2) are changing from cash only to electronic debit/credit stations.

"The other question is, what are the rates? The rates right now are \$5 all day, because that is the easiest way to pay for all that with cash. If you change them, the question is, do you want to keep it the same?," said City Administrator Joel Walinski. "Do you want to use different rate structures at P2, the lower and P3, the Festhalle lot? If you change the rates too much, people will purchase the ticket at one lot, then put it on their car parked in P1 (upper lot)."

Councilwoman Mia Bretz said it makes sense to have the rates the same across the

board, unless there is a reason the council wants to encourage parking in another lot.

"Correct, but it just makes the enforcement more difficult. Right now, when you go to P1, there is a sign there that says, there's less expensive parking in the Festhalle lot and also P2. We have seen people jump in their car because they like the reduced rate," Walinski said. "In terms of trying to push people towards the lower lot, that would be the argument for putting a lower rate on that pay station."

If the city made the parking stubs different colors for different lots, that would only add to the confusion for those that don't live here, said Mayor Cheri Kelley Farivar.

"Then, if somebody has an actual pay stub on their dash and they get a ticket, I would be infuriated. If I thought I was doing this right, and bought a parking ticket down here on the exact identical pay station as up here. Then, I found a place to park up here, and I got a \$30 ticket. I would be mad,"

Farivar said.

Some people will try to game the system parking in different lots with the wrong ticket, but some people might do that by accident, Farivar pointed out. While paying for parking is a good thing, Farivar said she gets letters and emails from people who had difficulty in city parking lots.

Some say they are never coming back and telling all their friends, she said. "The issue around parking in Leavenworth is infuriating to people. Let's make it as least infuriating as possible. If what we're trying to do is move people down to little Beruit (P2) or Festhalle parking, we need to make that really clear or just simplify it and make them all the same," Farivar said.

Walinski said they could keep the rates the same until the parking study is done.

"I think it should be consistent on weekends and festivals. During the week, we have a hard time filling those spots. Same time, I don't want to overcomplicate things and

make it more difficult for our city employees and Pacific Security," said Councilwoman Gretchen Wearne. "We should wait for the parking study, but I definitely think it should be consistent on weekends."

City code will have to be amended, so Walinski said he will be bringing back a recommendation to make the fees all the same across the various parking lots. Councilwoman Margaret Neighbors said one of the truisms she's found, if you can't be good, be consistent.

The best parking lot (P1) will fill up first, Farivar said. When that is full, people will move down. That won't change, she said.

"Once the parking study is done, we'll have some options, including starting to look at maybe a local pass or something. The point is, why confuse it early on," Councilman Elmer Larsen said.

Hourly wage

With the minimum wages

SEE PARKING ON PAGE 4

Memorial Day
A time to remember the brave men and women who have died in service for our country's freedom.

Memorial Day Services

MT. VIEW CEMETERY
Icicle Road
Monday, May 29 • 12:00 p.m.
American Legion #85

PESHASTIN CEMETERY
North Road
Monday, May 30 • 10:00 am
American Legion #85

Ward's Funeral Chapel
(509) 548-7011
303 Pine Street
Family operated & locally owned

The service is co-sponsored by the Washington Female Vets-Wenatchee. Everyone is invited and encouraged to attend the Memorial Day Service.



215 14th St. • P.O. Box 39,
Leavenworth, WA 98826
Phone: 509-548-5286
www.leavenworthecho.com



Inside The ECHO this week

Community News.....2&4	Section B B1-B6	Inserts
Memorial Day..... 4	Sports..... B1-B2	Dan's food Market
Community Calendar.. 3	Classifieds..... B3-B5	Safeway
Life & Health..... 5	Sheriff's ReportB5	
Neighbors..... 6	Opinions.....B6	



Community

Got Mobile?



Mobile search directory

THE LEAVENWORTH ECHO

© 2017 NCW Media, Inc.
215 14th St., P.O. Box 39
Leavenworth, WA 98826-0039
Phone: 509-548-5286
Fax 509-548-4789

Leavenworth
Mon. - Fri., 9 a.m. to 5 p.m.
Cashmere
Mon. - Fri., 9 a.m. to 5 p.m.

Publisher
Bill Forhan • 509-548-5286
publisher@leavenworthecho.com

Managing Editor
Gary Bégin
gary@ncwmedia.net

Editor
Ian Dunn
editor@leavenworthecho.com

Advertising Sales Manager
Carol Forhan • 509-548-5286
carol@leavenworthecho.com

Creative Services
Lindsey Douglas
echoads@leavenworthecho.com

Front Office Classified / Legal Notices
Susan Dodrill
classifieds@leavenworthecho.com

Circulation
Erin D. Rossell
509-293-6780
circulation@lakechelanmirror.com
website:
www.leavenworthecho.com
e-mail:
echo@leavenworthecho.com
advertising e-mail:
echoads@leavenworthecho.com

DEADLINES:
Calendar Listings: Noon, Thursday
News Submissions: Noon, Thursday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Thursday
Legal Notices: 5 p.m., Friday
Classified Ads: Noon, Monday

SUBSCRIPTIONS:
In Chelan County (yearly) \$33.00
In State (yearly) \$34.00
Out of State (yearly) \$36.50
Senior (65+ yearly in county) \$31.00
The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

SERVICES:
Back Issues are available up to one year after publication for a fee.
Photo Reprints are available for most photos taken by staff.

The Leavenworth Echo (USPS 308160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039



Washington Newspaper Publishers Association Member

NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Skatepark: Construction gets underway earlier than expected

CONTINUED FROM PAGE 1

concrete. There is delivery of goods and services for things they might need, like rebar," Walinski said. "The city has been doing some in-kind work in terms of delivering some of the soils for the base fill. City crews also did a lot of the tree clearing and cleaning out of the area to make it workable."

The skate community is also working toward raising extra funds for additional add-ons at the park.

"The one that has been confirmed is either a steel coping or pool coping. The pool coping is an upgrade. They've raised enough funds to make that change," he said. "Lighting is not included in the project. In terms of priorities of what they are trying to raise money for, are things directly connected to the build out of the park. The city will provide conduit, so lighting could be added at a later date, once those funds become available."

The skaters are also raising money for a euro-gap style feature, and hand rail to skate

on. Walinski said these additions make the park far street friendlier for skaters. Initially, the skaters were trying to raise \$60,000. They've come to realize, he said, if they hit the \$30,000 mark, they would be in good shape.

"They've raised \$5,000 in a week. They have a website, leavenworthskatepark.com, where you can donate. They've worked with the pump track park to set up the foundation. The Blue Lotus Foundation is the 501c3, the fiduciary agent for any donation, so people get the tax write off," Walinski said.

The in-kind donations are pretty significant for the project, he said, for the trucking and concrete. Walinski said Grindline has been having conversations with the concrete company and Blewett Gravel on possible in-kind donations. It's kind of last minute, he said, but this is a very energetic group.

The budget for the project is \$175,000, shared with the Cascade School District.

"The city committed the land. The city also committed to the site prep work. We had



Photo submitted by Joel Walinski

Work on the Skatepark got underway on May 1, 2016 by Grindline Skateparks, Inc in Enchantment Park. The construction period is expected to take approximately 2 months. Funding for the base project is \$175,000 shared between the City of Leavenworth and Cascade School District. The skateboard community is looking for in-kind materials and additional funding to add a number of enhancements to the park, those interested in donating can get more information at <http://leavenworthskatepark.info>. Pictured, from left, Tim Dougherty, Councilwoman Mia Bretz, Councilwoman Gretchen Wearne, Councilman Elmer Larsen, Councilwoman Carolyn Wilson, Councilwoman Margaret Neighbors, Councilwoman Sharon Waters, City Administrator Joel Walinski, Mayor Cheri Kelley Farivar.

a contingency plan for things that might come up to make sure the park is built correctly and we satisfy the RCO grant," Walinski said. "We have approximately the \$20,000 set aside. There's always things that come up in the project. We wanted to make sure there were funds to cover that.

We've used some of the contingency as an incentive for the fundraising, to add as a match."

So, if the skaters raised \$5,000, the city matches \$5,000 from the contingency fund.

"It's moving along pretty good. The weather has been cooperative. They are a very

good group of construction folks. They know what they're doing and what needs to get done," Walinski said.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

Students can now use CTE courses for core credits

By IAN DUNN
EDITOR

At the May 9 Cascade School Board meeting, Cascade Superintendent, Bill Motesenbocker, talked about an opportunity for the district to offer equivalency credit for CTE (career and technical education) courses.

That means someone could take a class for say computer technology and also get that included as a math credit. But there are some state requirements that must be met before school districts can offer this.

"It requires us to establish a district CTE team which includes the principal, CTE Director, a teacher of core subjects, a CTE teacher, school counselor, and representative from the curriculum department, which makes me laugh because we don't have a curriculum department. That most likely would be a representative of our Teaching and Learning Council," Motesenbocker said.

A student taking AP Computer Science could earn a math credit, as long as that student is either enrolled in

Algebra 2 or has already completed Algebra 2 or above.

"They can actually go in and use that as a math credit or just a CTE credit, which is something relatively new," Motesenbocker said. "This is a brand new policy. It's something we would like to move forward with, so in the future if we decided to do that, we can."

There are different types of courses, said CTE Director Kirk Sunitsch.

"There is a local equivalency which can be approved by the board. Then, there is state

equivalencies where the state issues a framework, which has all the standards," Sunitsch said. "Not only state standards in English, math and science, but also industry standards. There's two sets of standards, along with a leadership component like DECA."

With the local one, for say fourth year English, Sunitsch said you could substitute Business English or Technical Writing. That has been locally approved.

"There's actually 35 state of Washington approved student frameworks. If you teach those, those get a state equivalency in algebra or geometry, third year math, science lab," Sunitsch said. "One thing a former state superintendent said, basically, moving forward with this, core equivalencies give core academic knowledge along with real world application. I think that is really where it fits a lot of kids to get the hands-on learning."

Sunitsch said they plan on moving this forward. Courses like engineering could be used for math or science credit. He said this came out in 2013, but they just came out with the equivalencies in 2015.

This new initiative also requires the district to begin the CTE program with career exploration, which is already being done, Motesenbocker said. Those CTE classes are supposed to support academics, life skills, leadership for high wage employment.

"They also establish a Ca-

reer and Technology advisory committee to advise the district. These are people we would bring in from industry. We would bring people in from agriculture, the trades, computer technology," Motesenbocker said. "We would create an advisory group. Their purpose is to advise the district on the labor market and the needs of the labor market so we can keep up with that. This type of thing changes every six months. There is something new coming down the pike."

It also requires the board to establish procedures so that all CTE course are conforming to the district CTE plan, which Sunitsch is developing.

"It also requires the district to maintain good records when using state and federal funding sources for those CTE programs. Much of this stuff we already do, we just need to get it updated in our policy," Motesenbocker said.

Board President Carrie Sorensen said this policy looks new. Motesenbocker said it is an old policy they are updating.

"This gives an example of how to develop a district plan. Job shadow that we do with CTE now. We do a lot with some of our dental practices and Cascade Medical. It also gives the dual credit options, which we already talked about," Motesenbocker said.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

Experience Summer

at Mountain Meadows Senior Living Campus



At Mountain Meadows Senior Living Campus we believe summer should be full of adventure.

Stop by today, take a tour and experience for yourself why our residents love summer at our beautiful community.

Let the adventure begin...

Call us today!
(509) 293-6796

MOUNTAIN Meadows
Senior Living Campus

Independent Living Cottages • Assisted Living • Memory Care

320 Park Avenue | Leavenworth, WA 98826

www.mountainmeadowsliving.org

Stop in... Take a Community Tour Today!

Parking: Consistency

CONTINUED FROM PAGE 1

going up, Walinski brought some hourly wage changes to the council, because the council sets the rates.

"The suggested rate changes we're looking at is \$11 per hour, which the city already had as a base rate. However, what we're finding, to actually bring employees in, we have to go higher, \$11 to \$13.50," Walinski said. "What we're finding, talking to a number of commercial interests downtown, they having to do the same thing."

Wearne said they are hav-

ing to do that at the place she works in order to bring in the better employees.

"Non-returning seasonal very well might return. It's not guaranteed they will return. We have many seasonal employees who have been with us a decade or more. Non-returning seasonal does not mean they aren't coming back," Farivar said.

Walinski said he will bring something before the council at a future meeting.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com

Salmon: Dam counts

CONTINUED FROM PAGE 1

the fishery.

"I think most of the anglers that are familiar with this fishery are watching the dam counts too. They know. They get it. We put out our news release which I think

explains the situation fairly well in a nutshell," Maitland said. "Those folks are on it as far as watching the numbers themselves."

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

MEMORIAL DAY

Memorial Day

Remember all who made the sacrifices to keep us free.

LOCALLY OWNED
JONES & JONES~BETTS
Funeral Home

302 9th Street • Wenatchee • 662-2119 or 662-1561
www.jonesjonesbetts.com

Cashmere American Legion Post 64

Celebrating 151 years of Memorial Day remembrance

69th Annual Cavalcade of Flags

Cashmere Cemetery • Monday, May 29
Prelude music begins at 10 a.m.

American Legion invites the public to honor all veterans and their families at the **69th annual Cavalcade of Flags at 11 a.m.**

The service will include:

- Cashmere High School Band prelude
- Gold Star Mothers wreath placement
- Invocation:** Pastor Dennis Henn from Saddlerock Evangelical Presbyterian Church of Wenatchee
- Guest vocalist:** Stewart Anderson
- Guest speaker:** U.S. Airforce Veteran and Chelan County Commissioner Kevin Overbay
- Taps and bugler performance:** Mr. Kent Chalmers
- Flyover:** Experimental Aircraft Association, No. 424 Cashmere Boy Scout Troop 1 will present the colors.

Following this service, we will assemble at Riverside Park for the presentation of the wreath for those who lost their lives at sea and then to the monument at Riverside Center.



*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.*

*We are the dead; short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe!
To you from failing hands we throw
The torch; be yours to hold it high!
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

John McCrae 1872 - 1918



Photo submitted by Marlene Farrell

Trail Blazers head up Rattlesnake Hill.

Trail Blazers, Outlandish Fun

SUBMITTED BY MARLENE FARRELL

Something outlandish is afoot in Leavenworth.

Twenty-eight kids are regularly scampering through the woods, hurdling logs, rebounding off boulders, galloping downhill, and whooping and hollering like Peter Pan's Lost Boys.

Shouldn't they be sitting somewhere indoors quietly staring at a screen? Or solving mathematical word problems and writing opinion essays? Or, if they must be outside, wouldn't they rather follow the rules of a game and stay within geometrically shaped boundaries drawn by white lines?

At least sometimes the answer is "Nope!"

Twice a week in spring's heyday of sunshine, scuttling clouds and breezes carrying the scents of a thousand living things, Osborn Elementary's Trail Blazers take to the trails from Barn Beach to Enchantment Park.

Rhone Goodfellow, a fourth grader, is one of the many kids with perfect attendance. He said, "You get to run with your friends and do fun things every day."

Trail Blazers is a free running club led by Andrew Holm and Marlene Farrell, both Osborn parents, avid runners and coaches by virtue of the fact that they're the ones planning the relays, games and adventure runs.

The "rules" of the club boil down to a pretty good life philosophy: 1. Have fun, 2. Try new things and 3. Be safe. Some of these runners know the downtown trails and others like the backs of their hands; they're from families that habitually hike and bike. For others, exploring on trails, running full bore under a leafy canopy and practicing parkour is new and exhilarating.

At one practice everyone scrambled up the makeshift steep trail to the top of Rattlesnake Hill, where they enjoyed the view. It was the first time for some. "I liked climbing Rattlesnake Hill, even though it was scary," said fifth grader

Monica Vazquez.

Several children were happy to share what they liked about Trail Blazers. Ellie Holm, a fifth grader, said, "You get to see the outdoors in a fun way."

"You get to know new people as we do these fun things," added Cassidy Gillespie, another fifth grader.

Sophia Doherty, a fifth grader, liked the activities. She said, "The coaches include games to make running super fun."

The waterfront trails are a web with many intersections. Holm and Farrell set a destination, but the runners get to pick their path. The older boys (and eleven is much older than nine) especially love to be independent. They always return to the group after these small bouts of freedom.

Benny Sanborn, a fifth grader, said, "I like that we run on lots of different trails."

Farrell and Holm don't do it alone. They have help. "The volunteer support is awesome: older siblings, Kodiak track and cross country members and dedicated parents," said Holm. "We're all out there together, running and being outside just for the sake of doing it."

At the end of practices kids have flushed cheeks, sweaty brows, a need to guzzle water and an eagerness for snacks. Dan's Market donates fruit for the Trail Blazers, and Osborn's food services department donates chips and crackers.

Trail Blazers run in April and May, so it's short and sweet. The point is to offer an introduction to running that isn't about competition and beating the clock. This running club is about being outdoors, being with friends and running fast purely for the fun of it.

Holm said, "I think whatever success we have, in giving kids a small tool they can take with them as they move on, comes from a light touch: encouraging and promoting the capacity to push oneself while allowing a bit of freedom to simply play."

More hiking, less injury

By DANE PETERSON, DPT
PHYSICAL THERAPIST

An abundance of trails are open for hiking season in the Upper Valley, inviting residents and visitors to enjoy the serenity and beauty of the area. Hiking is a terrific way to spend a day with friends or family, take in new scenery, breathe fresh air, and get a great functional workout.

Like most physical activities, hiking requires some preparation so people can enjoy the benefits, without a nagging injury taking away from the experience. Here are a few exercises and stretches to help hikers maintain the strength, flexibility and aerobic conditioning they need to explore new trails injury-free this summer.

Strength

Hip, core and ankle strength are especially important to prepare for hiking and backpacking, as these are the pri-

mary muscles we use. Below are a few key exercises that build strength and stability for this muscle group:

Side Lying Hip Abduction

Setup: Begin by lying on your side.

Movement: Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

Tip: Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

Plank

Setup: Begin on all fours.

Movement: Straighten your legs, moving your body into a plank position, with your feet together and your elbows directly underneath your shoulders. Hold this position.

Tip: Make sure to keep your back straight and look straight down between your hands during the exercise.

Chair Squats

Setup: Begin in a standing upright position in front of a

chair.

Movement: Lower yourself into a squatting position so you lightly touch the chair, then repeat.

Tip: Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

Flexibility

Avoid muscle cramps and strains by stretching the ankles, hips and quads. Maintaining flexibility in these muscles will help hikers feel more loose and agile. These stretching exercises should be done at least 3 times a week -- before, during or after hiking.

Calf stretch

Setup: Begin standing in front of a table or wall.

Movement: Place your hands on the table and step back with one leg, keeping your back knee straight, heel on the ground, and toes pointing forward.

Tip: Do not let your heel come off the ground or your toes turn in or out.

Modified Runner's Lunge

Setup: Begin in a half kneeling position with one knee bent in front of your body.

Movement: Tighten your abdominals, tilt your pelvis backward, and gently push

your hips forward. You should feel a stretch in the front of your hip.

Tip: Make sure to keep your hips facing forward and back straight during the exercise.

Open Book Stretch

Setup: Begin lying on your



Dane Peterson

side with both legs bent at 90-degree angle, and your arms together straight in front of you on the ground.

Movement: Slowly move your top arm away from your other arm, toward the floor on your other side, rotating your trunk at the same time. Try to touch your shoulder blade to the floor while keeping your hips facing straight forward. Bring your arm back and repeat.

Tip: Make sure to keep your knees together as you rotate.

Aerobic Conditioning

A variety of exercises can prepare you for hiking and backpacking season. The most important aspect of any good conditioning program is setting an aerobic base.

Working on an aerobic base will vary greatly depending on the type and intensity of hiking/backpacking you would like to do. In general, a good starting point is walking 20 minutes 4-6x per week. A good rule of thumb to increase your aerobic fitness is increasing your walking time by 5 minutes a week until building up to an approximate desired hiking time. Hills and speed-

walking can help you progress your fitness.

Also, consider using a walking stick or hiking poles for steep descents if you have knee discomfort, as this will aid balance stability and assist in "controlling" your descent down a hill. Effective downward pressure from your foot and ankle can also relieve

knee stress when descending grades. Physical therapists have the knowledge and skills to diagnose movement problems that can cause knee or other sources of muscle and joint pain. Consider seeking help from a physical therapist if you have chronic or new onset pain with activity.



Photo submitted by Rachel Hansen

A variety of exercises can prepare you for hiking and backpacking season. The most important aspect of any good conditioning program is setting an aerobic base.

JOE BROWN
J.C. BROWN LAW OFFICE
200 APLETS WAY, CASHMERE
782-1111

BUSINESS, REAL ESTATE,
ESTATE PLANNING, AND PROBATE

Enrollment is Now Open for 2017 - 2018 school year!
We offer Pre-K through High School.

Our Mission Statement:
Our purpose to provide each student with:
A top quality education in an environment that develops students to reflect the character of Christ in order that they will impact the work for His glory.

Website: uvcschool.org email: office@uvcschool.org Phone: 548-5292

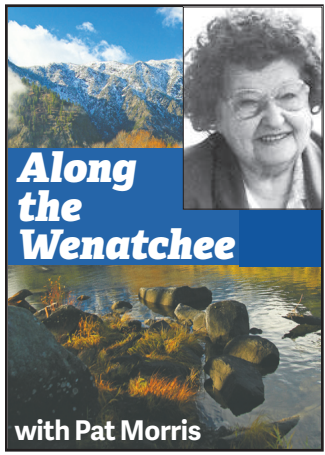


Your local news is just a mouse-click away.

The Leavenworth Echo

Life & Health

North Road Cemetery



The headstones of the North Road Cemetery are a "who's Who" of early day Leavenworth. Doctor, railroad man, saloon keeper, homesteader- all found their last resting place in this early burial spot.

Plotted by the Leavenworth Cemetery Association, headed by Petrel Davis of the Mill Co., the six acres for the first official cemetery here were

purchased from M. F. Peake who had a brick-making yard nearby. The ground was laid out in 12 and 24 foot plots with a large center square, a long row of small plots to the right of the entrance along the property line, and a C-shaped line of large plots ringing the center square. On the plot recorded with the county, 30 foot street right-of-ways were permanently willed to the people who would use the cemetery. Outside the main burial area and the upper end of the cemetery a "Potter's Field" was designated for the unknown and indigent. Almost at once it was put to use. Jerome Crick, a young round-house worker, fell from the walkway across the top of the mill dam and drowned. Many weeks later his body was discovered, but no relatives from the young man were ever located. Undertaker Keating buried his body in the "Potters Field." From summer of 1906 on, burials were made

in the North Road Cemetery. At first, most were made along the entrance road to the right. Several young railroad men who died in mishaps are buried there, two girls with the same family name, and several infants. August Glaeser, an old and respected resident, born in Germany and a resident here since the town began, was buried there in 1907. His wife, "Grandma" Glaeser, mother of Mrs. Emil Frank and Mrs. Max Kringle joined her husband in death twenty-three years later. Mrs. Jane Cromwell, mother of a pioneer Chumstick Valley family was laid to rest in the cemetery in January 1910. In 1911, Mrs. Mary Briskey, wife of another early homesteader, joined the growing number of those interred in this burial spot. A member of the prominent Iowa saw-milling family, who founded the Lamb-Davis Mill here, Lyman Lamb, died after moving his family to

Cascade Orchards. Like Petrel Davis of the same firm, he did not live in his new surroundings a decade, before his death in 1913. An old resident of Beaver Creek Valley in the Lake Wenatchee area, A.E. Dickeson, was laid to rest in the cemetery after his death in 1915. A prospector and trapper who had come west in 1856, Mr. Dickeson settled on his homestead in 1889, and had reached his 80th birthday a few months prior to his death. One small tombstone pays tribute to a lasting friendship. Partners and inseparable friends, these two men respected the placer beds near Blewett for over twenty years and were seldom, seen apart. When death separated the pair, John Heavner marked his friend's last resting place with the words, "John Johnson" Burned in the Overland Hotel. Erected by his old partner, J. F. Heavner." Other headstones in the cemetery

bear a variety of inscriptions: "Gone Home." "In Memory of Beloved son." "Our Darling." "Though lost to sight, still to memory dear."

some 31 known veterans' graves are marked by white crosses. At least one Civil War soldier lies there. Isaac Elston, brother of Mrs. Charles Cromwell, saw service with the North as a member of a Minnesota regiment. Later, he homesteaded in our area, near his sister.

Father and son, Ole and Beryl Sands, both war veterans, lie buried side by side beneath white crosses near other old timers of the area. Ole fought in the Spanish-American War. He came to Leavenworth as a railroad electrician, then opened a saloon in pre-prohibition days. His Wife, Rissie, and her father George Hood, are buried in the same plot. George Hood was the operator of an early restaurant when

railroad crews built through Leavenworth in 1893. Beryl, the son, was world War II veteran. Leavenworth's first physician, Dr. George Hoxsey, who delivered many a Leavenworth resident still living, lies beside his wife and other members of this early day family beneath spreading cottonwood trees in the North Road Cemetery.

Brothers John and Nick Emig some of the earliest settlers of Icicle Valley, lie side by side in the cemetery that overlooks the valley they first saw in the mid-1880's. Nick later sold his land moving to Oregon, but John lived on his original homestead for 50 years before his death in the 1930's. Many other names could be added to this roster of those who lived here during the years when the wild frontier town of Leavenworth was struggling to shed its roughness and come of age.

Q: Unexpected sources of magnesium

Ask...

Dr. Louise


"I've fallen and I can't get up!" Last week 84-year-old Martha was taken to the emergency room by paramedics, where the doctor examining her found muscle weakness and a very low blood pressure. Her head, heart, lungs, and kidneys all checked out fine, but her blood level of magnesium was sky-high. When asked if she was taking a magnesium supplement, Martha said, "No, I only take my thyroid pill and a pain pill at night for my arthritis when it starts bothering me." The doctors were at a loss. How else could she have gotten so much magnesium in her system? I asked her, "Martha, have you taken any laxatives lately?" "Laxatives? Sure. Every night. That pain pill really helps my arthritis but it binds me up, too. I need to take a laxative pretty regularly." "Any laxative in particular?" "Ahh... Phillips®, the one in the blue bottle. It works just fine. Dependable, if you know what I mean." "How often have you been taking it, recently?" "Oh, I've been having a spell with my joints, so I've been taking it every night. Why?" "Do you ever take anything for stomach acid, burning, or indigestion?" "Just some Mylanta®. I like the mint flavored bottle best." "How about Epsom Salts? Do you ever use them?" "Sure, they're good for soaking sore feet. I've been doing that this week, too. It really helps."

Although she didn't realize it, Martha was getting magnesium from three different sources: Maalox® antacid, Phillips® Milk of Magnesium and Epsom Salts. Magnesium lurks places you wouldn't expect: in laxatives and liquid antacids. Magnesium hydroxide is milky and found in the antacids Maalox® and Mylanta® as well as in the laxative Phillips® Milk of Magnesia. Magnesium citrate is a clear, effervescent solution of magnesium with sodium bicarbonate and citric acid added to make it bubbly, sold as a laxative in small glass bottles as citrate of magnesia. Both Phillips Milk of Magnesia® and citrate of magnesia are salts of magnesium and are classified as saline (salt-based) laxatives. The magnesium salt enters the lining of your intestine and works by pulling water out of your body and into your intestines, increasing both moisture and movement to your bowels to relieve constipation in as little as 30 minutes to about 3 hours. While effect of these laxatives happens inside your intestines, you can also absorb up to 20% of the magnesium in each dose of milk of magnesia or fizzy citrate of magnesia into your bloodstream, which will raise your magnesium level.

Martha was also using another source of magnesium: Epsom Salts, or magnesium sulfate. Because magnesium sulfate crystals were originally obtained by evaporating the mineral waters

found in the town of Epsom, England they were called Epsom Salts. Today, both table salt and Epsom salts are produced by evaporating water from the sea. After extracting the desirable sodium chloride (table salt) from seawater, the brine left over contains nearly pure magnesium sulfate (Epsom Salts). Soaking in a concentrated salty solution of Epsom salts dissolved in hot water can help decrease swelling and relieve aches and pains. Magnesium chloride spray is also available that you can apply to your skin and rub in for relief of muscle cramps. However, your body absorbs some of the magnesium through your skin as you spray it or soak in it. I find a quick soak in Epsom Salts immensely helpful when removing a deep splinter. Instead of digging around after it, soaking the area first shrinks and softens the skin around the splinter, making it much, much easier to see and remove.

Five tips on taking magnesium safely:

1. Keep track of how much magnesium you are taking. In addition to taking a magnesium supplement your body can also absorb magnesium from other sources, like some antacids, liquid laxatives, Epsom Salts and magnesium sprays.
2. If you notice diarrhea, cramping, weakness or low blood pressure you may be getting too much magnesium.
3. Avoid magnesium-containing antacids or laxatives or topical magnesium sprays if you have kidney problems or are under the care of a kidney doctor or nephrologist.
4. If you need a laxative on a regular basis, use powdered Miralax® which works very similar to milk of magnesia and magnesium citrate but without the risk of too much magnesium.
5. Some antibiotics should not be taken with minerals like magnesium because the magnesium can attach itself to the antibiotic, preventing it from being absorbed into your body, causing treatment failure.

Dr. Louise Achey, Doctor of Pharmacy is a 38-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www. AskDrLouise.com ©2017 Louise Achey

Cooking With Teri

Not your grandma's rhubarb

Last week, I wrote about two spring favorites, asparagus and morel mushrooms. Another spring veggie is starting to appear in gardens, rhubarb. For me, rhubarb is an acquired taste, and the more I eat it the more I like it. Last spring, I was in a restaurant in Tri-Cities that had a special menu devoted to all things rhubarb. I had the spring salad with rhubarb dressing and it was wonderful. Such a clean fresh taste on delicate spring greens. I did pass on the rhubarb martini but indulged in a warm rhubarb crisp over homemade vanilla bean ice cream. Rhubarb never tasted so good, so I thought I would share this recipe with a twist on rhubarb. I hope you enjoy this recipe. Enjoy!

Apple Rhubarb Crumble

- 3 cups chopped fresh or frozen rhubarb
2 medium tart apples, peeled and chopped (I use granny Smith)
1 egg
3/4 cup sugar
1/4 cup maple syrup
1/4 to 1/2 teaspoon nutmeg
1/4 teaspoon ground cinnamon
1 cup all purpose flour
1/2 cup brown sugar
Pinch of salt
1/2 cup cold butter

In a bowl combine the rhubarb, apples, egg, sugar, syrup, nutmeg and cinnamon. Pour into a well buttered two-quart baking dish. In another bowl, combine the flour, brown sugar, and salt. Cut in butter until the mixture resembles coarse crumbs; sprinkle over fruit mixture. Bake at 350 degrees for 45-55 minutes or until bubbly. Make 4-6 servings.

Eat more things that make you happy, - Author unknown.

Teri Miller, Broker

940-A-Hwy 2
Leavenworth, WA 98826
509-669-1585
terismiller@hotmail.com
www.leavenworthrealty.com



There's something for everyone in the local newspaper.



- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Health tips
- Online Access
- Breaking News
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities

Please indicate your subscription choice:

ONE YEAR
52 ISSUES

Call us today!
509-293-6780

Seniors over 65 receive \$2 per year discount on weekly issues inside Chelan County.
Call for college student rates and multi-year discounts.

Name of person ordering: _____

Address: _____

Phone: _____

Send gift subscription to: _____

Address: _____

Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____

Exp: _____ Visa MasterCard Discover Amex

Paying by check?

Check enclosed:

NEW MEDIA
Publishers of:

THE LEAVENWORTH ECHO

- \$33.00 in Chelan County
 \$34.00 in Washington state
 \$36.50 outside Washington, in U.S.A

CASCADE VALLEY RECORD

- \$33.00 in Chelan County
 \$34.00 in Washington state
 \$36.50 outside Washington, in U.S.A

LAKE CLELAN MIRROR

- \$35.50 in Chelan County
 \$38.50 in Washington state
 \$49.50 outside Washington, in U.S.A

QUAD CITY HERALD

- \$30.50 in Okanogan County
 \$32.50 in Washington state
 \$45.50 outside Washington, in U.S.A

WENATCHEE BUSINESS JOURNAL

- \$24 for 1 year in Chelan County
 \$28 for 1 year in Outside Chelan County

NCW Media Inc.
Attn: Circulation
P.O. Box 249

310 E. Johnson Ave. Chelan, WA 98816
Ph: 509-293-6780 or 509-682-2213
Fax: 509-682-4209

Neighbors

Emerentia Perry

Emerentia Perry, 79, known to her friends as "Tia" and "Emi" to her family, passed away on May 11, 2017.

Tia was born Dec. 28, 1937 to Georg and Anna Walter in Mauerstetten, Germany and grew up in Kaufbeuren, Germany.

As a young woman, she modeled in Germany. She met her husband, a military man named Stuart Perry when she worked as an accountant at the Navy Exchange System in Bremerhaven, Germany. They married in June of 1961. They moved with their children to many locations in the U.S. and Europe.

She worked as an Activity Director at the Adult Action Center in Port Angeles, Washington. She had a passion for working with elderly adults. She also obtained her Criminal Justice degree at Peninsula College.

She relocated to Leavenworth, Washington because of its incredible beauty. It reminded her of Germany.

She was a great mother with a big heart. She loved being around her family and friends. She enjoyed cooking,



gardening, knitting/crocheting and playing cards. She was also an avid bowler in her lifetime and loved watching sports.

Tia is survived by her partner, Jerry Hartman, daughter, Anita Perry-Byrne, son, Sean Perry and four grandchildren, Bryson Byrne, Shawn Fitzpatrick, Kevin Perry and Holly Perry, two sisters, Irma Grollitsch, Hilde Bryant (David Adkin), two brothers, Horst (Heidi) Walter and Heinz (Honne) Walter and many nieces and nephews.

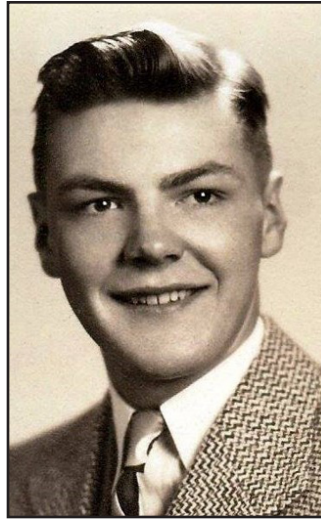
A private memorial service will be held at Our Lady of the Assumption church on Thursday, May 25th at 4:30 pm. We love you and will miss you always! Rest in Peace Tia/Mom/Omi.

Roger Douglas Flodin

Roger Flodin, 88, passed away in Leavenworth, Washington, on Tuesday, May 16, 2017.

Roger was born to Maldur and Edna Flodin on Dec. 4, 1928, in the town of Winslow on Bainbridge Island. He grew up on Bainbridge and attended school at Pleasant Beach Grade School and Bainbridge High School, from which he graduated at age 17. After high school, Roger enlisted in the U.S. Army and served in Japan from 1945 until 1947. Upon returning from the service, Roger enrolled in The University of Washington, where he rowed on the Varsity Crew and became a life-loyal Sigma Chi. He graduated from the University of Washington in 1951 with a degree in business administration.

Roger met the love of his life, Mardette, while she was visiting Bainbridge with family. Roger and Mardette married on Aug. 25, 1951, at Church of The Epiphany in Seattle. In July of 1954, they moved to Spokane, where Roger worked as a methods assistant for Pacific Tele-



phone Company. Roger was named Jaycee of the Month for May for his work as general chairman of the Junior Lilac Parade conducted May 11, 1957. Under Roger's chairmanship, that year's Junior Lilac Parade was considered the finest Junior Lilac Parade ever to be conducted in Spokane. Roger was sub-chairman the previous year, in addition being actively engaged in the 1956 Soap Box Derby. He was a member of the Spokane Junior Chamber of Commerce from 1956-1958.

In 1958, Roger and Mardette moved to Bellevue, where they raised their three

children: Leslye, Kerry and Doug.

Roger continued working for Pacific Northwest Bell as a data processing operator, eventually becoming a manager of operations. He retired at the young age of 58 and began his love for travel and adventure. Roger and Mardette enjoyed traveling to Europe on several occasions and visiting as many museums as possible, a passion that they shared as co-founding members and great philanthropist of Bellevue Art Museum. They also enjoyed cruises to Alaska, the Panama Canal and the Mississippi River. As much as they loved all of the places they went, their greatest joy was the four to six weeks they spent each winter on the island of Maui, Hawaii. They loved the "Aloha Spirit," and playing tennis with friends, swimming in the warm waters of the Pacific and soaking up the sun!

Roger was not only a businessman, but also a craftsman. He remodeled every home they ever lived in and also built a home at their Tulalip Shores Beach property. He was also a wood carver, carving many totems as a relaxing hobby while visiting

close friends on Lake Coeur d'Alene and during his later years at the Tulalip Beach house.

Roger was preceded in death by his wife, Mardette, and is survived by his brother, Lyle, and sister-in-law, Ada; daughter Leslye Lewis; son Kerry and daughter-in-law Kathy; son Doug and daughter-in-law Suzanne; granddaughter Whitney Ford and her husband Jordan; grandsons Spencer, Neil and Riley; great-granddaughters Reese and Logan Ford; niece Ann; nephews Dale and Glen; and great-nieces, great-nephews and cousins.

The family would like to thank the staff and caregivers at Mountain Meadows Assisted Living in Leavenworth for the love and care they gave to Roger in the two years he lived there.

In lieu of flowers, please make donations to Bainbridge Island Historical Society, Sigma Chi Foundation of Evanston, Illinois and the Nature Conservancy of Washington.

We Love You, Roger, Dad, Grampy, Brother, Uncle, Cousin! Per Roger's wishes, a private family service will be held.

"The Caring People"
Ward's
Funeral Chapel
Full Service Funeral & Cremation Provider
Pre-Arrangement Plans

Serving
 Leavenworth and
 the Wenatchee
 Valley since 1970

*Family owned
 and operated*

509-543-7011 • 303 Pine St., Leavenworth
 Email: wardsfuneralchapel@nwi.net

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

Honoring Life

Brian Ross
Prearrangement Specialist

LOCALLY OWNED
JONES & JONES ~ BETTS
 Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561
jonesjonesbetts.com

*Honoring the lives of residents in the Valley for over 100 years.
 You can always rely on our dedicated staff.*

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<h3>CASHMERE</h3> <p>CASHMERE BAPTIST CHURCH 509-782-2869 • 103 Aplets Way Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Bob Bauer, Pastor www.cashmerebaptistchurch.com</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Charles Clarke, Pastor Website: www.CashmerePres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Worship and Sunday school at 10 a.m. Office Hours: Monday-Thursday from 10:00 am - 1:00 p.m. Rev. Lilia Felicitas-Malana, Pastor</p> <p>CHRIST CENTER Worship Celebration & Sunday School 10 A.M. Meeting at The Conservatory behind Apple Annie's Underground Youth Group, Sundays, 6 P.M. - 206 Vine Junior High, Wednesdays, 7 P.M. - 206 Vine Steve Haney, Pastor Andy Robinson, Pastor christcentercashmere.org (509)782-2825</p> <p>EVERGREEN BAPTIST CHURCH 5837 Evergreen Drive, 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. christforcashmere.org • John Smith, Pastor</p> <p>GRACE LUTHERAN CHURCH Vine & Elberta Streets • (509) 680-0736 Worship 10:30 a.m. Rev. Robert Gohl, Pastor</p>	<h3>CASHMERE</h3> <p>ST. JAMES EPISCOPAL CHURCH 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. Rev. Carol Forhan, Deacon Rev. Rob Gohl, Vicar - Cell 860-0736</p> <p>Our Lady of the Assumption 300 S. Division • Office: 548-5119 Rectory: 782-2643 Sunday Mass: 8:30 a.m. Spanish Mass: 12:30 p.m. Daily Mass Wednesday: 5:30 p.m. Friday: 9:30 a.m. Mass Convalescent Center Fr. Miguel Gonzales</p> <h3>DRYDEN</h3> <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Steve Bergland, Pastor</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. Dryden, WA 98821. 782.2616 Worship Service, 10 am, Sunday School, 9 am Travis Connick www.midvalleybaptist.org</p> <h3>LEAVENWORTH</h3> <p>CASCADE MOUNTAIN BIBLE CHURCH 'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9:00 a.m. Sunday Worship 10:30 a.m. Weekly Bible Studies AWANA (Youth Program) Wed. 6:30 p.m. (school year) Todd James, Pastor • www.cmbiblechurch.org</p> <p>COMMUNITY UNITED METHODIST 418 Evans Street - 548-5619 Worship and Sunday school for children at 10 am. Nursery provided. Rev. Denise Roberts, Pastor www.leavenworthumc.org</p>	<h3>LEAVENWORTH</h3> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall • 621 Front St. 548-0748 • Sunday Worship 10 a.m. Weekly Bible Study/Fellowship Groups Monday & Wednesday 6:30 p.m</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Meetings: Sunday - 10:00 am Church: 509 548-7667 For any other information: 509 868-2620</p> <h3>FAITH LUTHERAN CHURCH</h3> <p>224 Benton Street Worship 9:30 a.m. w/coffee following Web: www.faithleavenworth.org Reconciling Works Congregation</p> <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street • (509) 290-0686 Sunday School 9:45 a.m. • Worship 11 a.m. Michael Brownell, Pastor email: mkb3123@gmail.com</p> <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 8:45 a.m. & 10:30 a.m. Lead Pastor: Andy Dayton, Pastor Pastor of worship & Youth: Associate: Brian Shubert Pastor to Children & Families - Becky Goodman www.lcn.org</p> <p>Our Lady of the Assumption 145 Wheeler Street Daily Mass • Tuesday & Thursday 8:30 a.m. Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m. Spanish Mass - Saturday, 7 p.m. Parish Office - 548-5119 • Fr. Miguel Gonzales</p>	<h3>LEAVENWORTH</h3> <p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 509-860-3997</p> <p>SPIRIT LIFE CENTER 210 Benton Street • 548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Russell Esparza, Pastor</p> <h3>MONITOR</h3> <p>Monitor United Methodist Church 3799 Fairview Canyon, (509) 782-2601 Church Service & Sunday School 9:30am Pastor David Raines</p> <h3>PESHASTIN</h3> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. John Romine, Pastor • www.lightinthevalley.org</p> <p>PESHASTIN ASSEMBLY OF GOD School and Lake St. Peshastin, WA. - 509.860.1088 Sunday Worship Service 10:30 am Bible Adventures for Kids at 10 am sharp Pastor Vern & Linda Watterud</p> <h3>PLAIN</h3> <p>PLAIN COMMUNITY CHURCH "Helping people connect with God and one another in caring community." Worship 10 a.m. • 12565 Chapel Dr. • 763-3621 plaincommunitychurch.org Nursery (ages 1-3) Children's Church (ages 4-8) Pastor Jon Johnson</p>
---	--	--	---

UPPER VALLEY NEWS SINCE 1904

Cascade boys' soccer team survives OT shootout against Connell

Team heads to state semifinals still unbeaten

By IAN DUNN
EDITOR

The magical season of the Cascade Kodiak boys' soccer team continues this Friday, at the 1A State Semifinals in Summer. The Kodiaks will play Wahluke in one semifinal. In the other semifinal, The Bush School plays Overlake.

Royal came in with a very talented team, a good match for the talented Kodiaks. The first half was scoreless. In the second half, at 43 minutes, Raul Mata broke the tie. Cascade led 1-0 as the Knight furiously tried to tie the game, but were unable.

Cascade won 1-0. "We knew they were going to be good. They were solid all over the field. We knew number seven was tough. We knew we would have to watch him. We did a really good job marking him out of the game," said Cascade Co-Head Coach Pete Spiegel.

As always, keeper Jose Mendoza kept the Kodiaks

in it.

"Jose usually has a good game. He's really solid. As coaches, that's a big relief, when you have someone on goal you know will be solid," said Jesus Sandoval, Cascade co-head coach.

Spiegel said they have a lot of confidence in Mendoza.

"When he goes up for a ball, he's not going to punch it, he's going to catch the ball every time. We know he'll come down with the ball," Spiegel said.

Cascade had to focus on defense much more this game. Normally, they control the ball on offense the majority of the game.

"We were up a goal and we knew these guys were going to come hard for those last 10 minutes. Sometimes, you have to come back a little bit a be ready for their attack," Sandoval said.

"Look at our defense. We did not let a goal in. It's a team that is dangerous all the time. I think Julian (Alvarez) and Alexis (Tovar) played really well. They really picked it up and played hard. Joseph Blake played a really good game as well," Spiegel said.

This is what makes the

team successful, Sandoval said, having good players in every position.

"We can trust each other. That gives us a lot of confidence," Sandoval said.

Last Saturday, Cascade travelled to Connell to play a team which finished second in state last year.

Connell scored first, at the six minute mark. Cascade came back with goal on a free kick, by Arturo "Cholo" Avila. The game was tied 1-1 at the half.

In the second half, Cascade scored just a minute into it. Brian Sanchez converted another free kick. The Eagles tied the game at 2-2 with a goal in the 61st minute.

The teams played two, five minute "Golden Goal" overtimes, but neither team scored. The game went to a shootout. Sandoval said it was real cardiac moment, because all their best players missed.

Raul Mata missed the first kick. Connell scored. Julian Alvarez made the second kick. Connell made their kick. Brian Sanchez missed. Connell missed. Cholo missed. Connell's number four had a chance to win the game, but missed.



Photo by Ian Dunn

Cascade's Justin Dobrinic sizes up the Royal defense before making a move, as the Kodiaks played the Knights in a first round state game in Leavenworth. Cascade prevailed 1-0.

The fifth player, Jose Valdez, made it. On their fifth try, Mendoza blocked it. Tied 3-3, the shootout went to sudden death. Sixth player, Alexis Tovar, made it. Connell made it. The seventh, Ricky Barragan made it. Connell missed. Kodiaks win!

"The guys played hard against a really good team. They had good players in every line. Their goalie was

really good. He blocked three of our PKs. They had a really good game," Sandoval said.

The Cascade boys' soccer team reached the state semifinals in 2006, losing both games. Sandoval said it feels they can do better.

"It's a great experience. The boys are really excited about it. They know they are making history for the boys' soccer team. We never got to

this point undefeated," Sandoval said. "We think we can make it even farther. We're facing Wahluke. They lost to Connell three times. We think we can have a good chance of winning. I hope the guys bring their best, so we can make it to the finals."

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

Kodiak softball team upended by Colville in crossover playoff



Photo by Ian Dunn

Cascade shows off some flashy defense as first baseman Sierra Bittle tosses to second baseman Madeline Schiefelbein covering first, in the game against Colville last Saturday.



Photo by Ian Dunn

Cascade sophomore Sarah Paulson has been the number one pitcher for the Kodiaks all season.

By IAN DUNN
EDITOR

The stellar season of Kodiak fastpitch softball came to an end last Saturday in the crossover playoff game at Peshastin. Cascade, the number one seed from the Caribou Trail League, played the number four seed from the NEA League, Colville.

The Indians did not play like a number four seed, knocking off the Kodiaks 9-2.

Cascade had their hands full with hard throwing Gracie Schauls of Colville. After a scoreless first inning, Colville erupted for three runs in the second on two hits and three Cascade errors. The Indians took a 5-0 lead in the fourth on two hits and a Kodiak error.

Cascade scored a run in the bottom of the fourth on two walks and two hit batters. The Kodiaks unfortunately ended the inning with the bases loaded.

After a scoreless fifth inning, Colville broke the game open with four runs in the sixth on six hits. In the bottom of the sixth, Cascade senior Sarah Pickel smacked a long home run off the scoreboard to cut the lead to 9-2.

Cascade rallied in the bottom of the seventh as Sarah Paulson led off with a double, followed by a Kaija Lovelady single. Sadly, that's where the rally ended.

Cascade ended the season with a 17-5 record. Cascade Head Coach Ken Krous could but tip his hat to the Colville team.

"They came to play. The pitcher threw hard, located her pitches. We didn't hit the ball very well today. We had a few miscues but that was not the difference in the game. They hit the ball hard," Krous said.

Certainly the big two-out rallies hurt.

"We just couldn't seem to get that third out in a couple innings and it made a big difference. They had a couple seeing-eye balls, hitting it right where we're not. That's the way it goes," Krous said.

It was sort of bad luck Cascade had to play Colville.

"They had been number one in their league all season long. They had an off-day in their district tournament and ended up being the fourth seed. We faced their number one. It is what it is. You just have to come out and win ball games," Krous said.

Sarah Paulson pitched 7 innings, giving up 5 earned runs on 12 hits with 6 strikeouts and 2 walks. Schauls pitched 7 innings, giving up 2 earned runs on 3 hits with 13 strikeouts

and 3 walks.

Lovelady was 1-for-4, Paulson 1-for-3 with a double. Pickel finished off her stellar career 1-for-3 with 2 runs, HR, RBI. She finished the season with a .560 batting average.

"That home run she hit was an absolute bomb. She's now tied for the single season home run record with Ali Schauer and Sydney Coffin. They all had nine in a season. She's been a four year starter at shortstop," Krous said. "She had a hamstring injury this season, but she never came out and hit the ball well."

Despite the loss, it was a great season for the Kodiaks with league and district titles.

"It's a lot to be proud of. They've played well all year. It's been a magical ride. They've battled. We've had some great games. Most of those games we've come out on top. I'm pretty proud of all of them," Krous said.

The future is bright too, for the Kodiaks, with many players coming back next season.

"We have four seniors. We'll miss them. The well is not dry. We'll have both our pitchers back. There's a good group coming through. There are some holes to fill, but we have kids ready to step up and fill them," Krous said.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

For the latest local news and advertising see the NCW Media websites...

leavenworthecho.com

cashmerevalleyrecord.com

qcherald.com

NCWBusiness.com

lakechelanmirror.com

Say Congratulations

to your favorite 2017 Cascade graduate with a personal message in the special keepsake Graduation Edition.

Publication date: June 7, Deadline: May 26

PRINT YOUR MESSAGE BELOW

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

Sample ad sizes



1x1" - \$5

Send this form with payment to:



215 14th St. • P.O. Box 39
Leavenworth, WA 98826

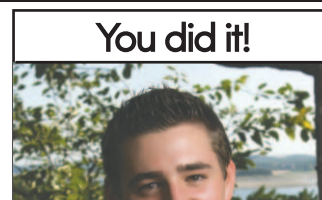
Your Name: _____

Address: _____

City, St., Zip: _____

Ph #: _____

Name of graduate: _____



1x2" - \$10

Choose ad size:

1x1" - \$5

1x2" - \$10

1x3" - \$15

Call for larger ads
548-5286



Love you!

Grandpa & Grandma Cox

1x3" - \$15



Senior Taylor Kelly heads back to state tennis tournament

By IAN DUNN
EDITOR

Cascade is sending one player to state in 2017. No surprise, Taylor Kelly is returning. The talented senior finished second at the District 6 Championships over the weekend in Omak.

On her way to the championship match, she defeated a player from Oroville 6-0, 6-0, then Jenna Buscko from Omak 6-0, 6-0. She lost in the championship game 6-1, 6-0 to Paiton Wagner of Cashmere.

"Taylor played Paiton as well as anyone could and I was impressed with her performance. I am so proud of Taylor. Taylor is playing the best tennis she's played all year and she made quick work of the quarterfinal and semifinal opponents. Taylor is mentally and physically prepared for any opponent she faces at state," said Joey Johanson, Cascade head coach.

Johanson felt Kelly received a great draw at the state tournament. She will play Rose Melville of Lind-Ritzville-Sprague in her first match. Tournament play begins Friday at the Yakima Tennis Club.

The girls' doubles team of Katie Schiefelbein and Brook McDevitt were not able to

advance to state, but Johanson said they played the best match of their tennis careers last Saturday.

In the semifinals, they played the number one seed from Okanogan, Shelby Walker and Megan Patrick.

"This doubles team from Okanogan is possibly the best doubles team in the state as they took second place at state last year. Katie and Brooke shocked everyone when they won the first set 6-3. Then the second set was lost by a score of 3-6," Johanson said. "In the third set, the girls from Cascade were in command at 2-0 and then 5-3. At 5-3, Cascade had match point and a chance to shock the District 6 tennis world. The battled out a tough point that eventually went to Okanogan. Okanogan rallied back and found a way to beat our girls 7-5. Final match score, 6-3, 3-6, 5-7."

As a coach, Johanson said he was on the edge of his seat, nervous and excited.

"A win in that match would have secured a berth to state. Our girls came out with a great strategy to both play back which through Okanogan for a loop and kept them out of their rhythm all match," he said. "The drawback to having such an exciting and close match as that is that

our girls were physically and emotionally spent afterwards. The match lasted for two and a half hours."

The Cascade duo lost in the semifinals to a doubles team from Tonasket, 6-4, 6-1. Johanson said they would have beaten that team nine times out of 10, but given the circumstances, they just couldn't get it together.

"It's a hard way to lose, but I couldn't be more proud of Katie and Brooke. They saw many ups and downs this season, but remained true to who they are and took third in league and almost knocked off the best team in the state at districts. It was an absolute honor and joy to coach these girls," Johanson said.

The growth of the whole tennis team was amazing this year, he said.

"This was showcased this weekend by our district participants. I cannot reiterate enough how much of an honor it is/was to coach these girls. They're the type of girls that will have success in whatever they choose to do in life because of their hard work and perseverance," he said.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

Cascade track team qualifies 10 athletes for state

By IAN DUNN
EDITOR

The Cascade Track and Field team competed in this District 6 1A Championships on May 18 in Cashmere. The Kodiaks qualified 10 athletes for state, which Head Coach Davies said is great.

"Erin Mullins easily won the 1600 and 3200. She reset her current district record by breaking her old record by a second. We had talked about running the races at a relaxed pace so she would be fresh for state, so when she broke the record it was very encouraging," Davies said. "She is at her prime, and leads the state in both races. There is good completion at state so we should see Erin run really fast."

The 4x100 team of Lauren Richardson, Emily Gaines, Addie Astell and Ashley Parton won their race, qualifying for state for the third year in a row. Cashmere, which won the race the CTL meet, actually was disqualified for a lane violation. Parton finished second in the 100 and 300 hurdles. She qualified for state in the 300 hurdles because she's ranked in the top six in state.

"We have two exceptional girl pole vaulters. Both Julia Armstrong and Gianna Pistori qualified with state heights. They are both ranked high in the state standards,"

Davies said.

Armstrong and Pistori tied for second, jumping 10-feet in the pole vault. For the boys, senior Jayden Disher qualified in the high jump, winning with a leap of 6-feet. He is also ranked in the top six in state.

"Elijah Fishburne qualified in the 800. He ran a really gutsy race and nearly ran under two minutes. I believe he could be in the top three at state," Davies said.

Gabe Wulfman qualified for state under the para athlete division.

"He is going in the 100 meters, the 200 meters and the 400 meters. If they had more

races that he could run, he would have qualified in those also. Last weekend, Gabe competed in Arizona in a national para meet and placed in all his events," Davies said.

Cashmere boys tied with Chelan for the meet championship with 94 points. Cascade boys were fifth with 40 points. Okanogan girls were champs with 110 points. Cashmere was second with 90.5, Cascade third with 82.

The 1A/2B/1B State Meet is Thursday to Saturday at Eastern Washington University in Cheney.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.



Photo by Ian Dunn
Cascade senior standout Erin Mullins won the 1600 and 3200 at the District 6 Meet in Cashmere last week. Mullins will be looking to repeat as state champ in those two events.

Cascade Scoreboard

CASCADE GIRLS SOFTBALL	
May 20	CTL/NEA Crossover Colville 9, Cascade 2
UPCOMING GAMES	
Season Concluded.	
CASCADE BOYS SOCCER	
May 16	State First Round Cascade 1, Royal 0
May 20	State Second Round Cascade 3, Connell 2 OT
UPCOMING GAMES	
Friday, May 26	State 1A Semifinals Cascade vs. Wahuake, 2 p.m.
CASCADE TENNIS	
May 20	District 6 Tennis Girls- Taylor Kelly 2nd Katie Schiefelbein and Brooke McDevitt- eliminated
UPCOMING MATCHES	
Friday, May 26	State 1A Tennis at Yakima Tennis Club, TBA
CASCADE TRACK	
May 17	District 6 meet Boys- 5th place Girls- 3rd place
UPCOMING MEETS	
May 26, 27	State 1A Championship Meet at EWU, TBA
CASCADE GOLF	
May 16	District 6 Tournament Boys- Cascade 354, Omak 442, Chelan 393, Okanogan 430. Girls- Cascade 410, Chelan 370, Riverside Christian 494
UPCOMING MATCHES	
May 23, 24	State Golf 1A Golf Sun Willows Golf Course- Boys Horn Rapids Golf Course- Girls

Choose Your Partners Well



10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

Cascade boys' golf team wins district championship Maddie Hontou earns medalist honors for the girls

By IAN DUNN
EDITOR

The Cascade Kodiak boys' golf team capped their league title with a district championship. The boys, unbeaten this season, won at Gamble Sands in Brewster on May 16. The boys shot 354, Chelan 393, Omak 442 and Okanogan 430.

Tim Wells shot 80, tying for medalist, but lost on the second playoff hole.

"Tim Wells tied Billy Norwill of Okanogan for medalist. They both parred the first extra hole. Tim bogeyed the second hole to finish second overall. This was Tim's best score of the year. He had been struggling with consistency lately. He practiced hard over the week, as all the players did, on all phases of his game. It did pay off," said Randy Alexander, Cascade head coach.

Bryson Murdock and Garrett Halseth each shot 89 to finish in the top seven to earn a state berth. Bruce Ledbeter-Gibbs shot 96, finished eighth, so he'll be an alternate. He will travel to state to play in case someone from the league cannot.

Stefan Zucktriegel shot 100, Carter Welch 107. Wells, Murdock and Halseth were named first team All CTL. Ledbeter-Gibbs, Zucktriegel and Welch were second team.

Chelan won the girls' competition with a 379 team score. Cascade shot 410, Riverside Christian 494. Maddie Hontou shot a career best 83 to take medalist honors. Because of that, she was named Player of the Year, first team, all league.

"She shot 44-39 with nine pars and one birdie. She had six pars in a row to start the back nine. Awesome! Jacelyn Bain shoots season best 95 to finish in tie for fifth and final spot to state. She lost on the first playoff hole to Chelan's Madi Harrison," Alexander said. "Jacelyn will make the trip to state as an alternate."

Emma Halseth shot 100, missing the cut by five strokes. Hontou and Bain were named first team all league. Halseth was named second team.

"Overall, what a great way to finish the year. We all had a gut feeling that the boys would win the title. But we all still had to show up and play our best," Alexander said. "The boys pulled it through shooting a 254, one shot off of our season low, so Ken (Bauman, assistant coach) and I were very proud of their performance. With the way the kids had been playing it was hard to really judge who was really going to show up on Tuesday."

Alexander said it had been up and down for the boys all week, so he really didn't know who would be ready to play. Of course, it all turned out well. Watching the girls this year has been a lot of fun, he said.

"Having the two experienced players Jacelyn and Maddie coming back and five new frosh girls, Ken and I were wondering

how the season was going to shape up. We were very happy to have met our goal of, at least, having enough players to score at the end of the season," Alexander said. "Well, it happened and some. Emma Halseth really came on to lead this group; Natalie Craig wasn't too far behind, and in the end Anna Russell played up for the last two league matches and went to districts. All good experience for them. Next year, we shoot to be the team to beat."

The State 1A Boys and Girls tournament is May 23-24. Results were not available before press time. The boys played at Sun Willows Golf Club in Pasco. The girls played at Horn Rapids Golf Course in Kennewick.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

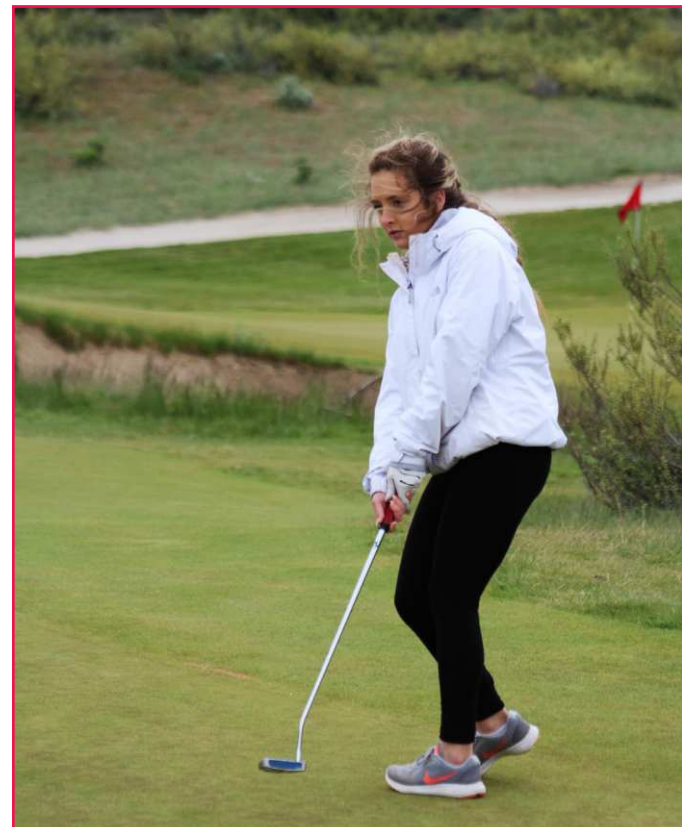


Photo by Mike Maltas
Cascade's Maddie Hontou shot a dazzling 83 at Gamble Sands last week to earn medalist honors at the District 6 championship. Because of her strong round, she'll be part of the first group at the state tournament this weekend.

Photo submitted by Randy Alexander

The Cascade boys' golf team was the District 6 champions. Pictured, from left, Assistant Coach Ken Bauman, Stefan Zucktriegel, Bruce Ledbeter-Gibbs, Carter Welch, Garrett Halseth, Bryson Murdock, Tim Well, Head Coach Randy Alexander



It's Spring Cleaning Time



ARE YOUR BASEMENT, ATTIC, GARAGE AND CLOSETS OVERFLOWING WITH STUFF? GET RID OF THE CLUTTER BY ADVERTISING YOUR GARAGE SALE IN THE CLASSIFIEDS.

Call Susan at 548-5286 today.

PUBLIC NOTICES

ment recorded under Auditors File Number 2420565 XXX XXX II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$13,187.50 . IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$174,099.90 , together with interest as provided in the Note from 6/1/2016 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 6/2/2017 . The defaults referred to in Paragraph III must be cured by 5/22/2017 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 5/22/2017 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 5/22/2017 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/ or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 12/12/2016 . VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20 th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20 th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm . The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site:

PUBLIC NOTICES

<http://nwjustice.org/what-clear> . Additional disclaimers provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE Dated: 1/16/2017 Quality Loan Service Corp. of Washington, as Trustee By: Briana Newton, Assistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington C/O Quality Loan Service Corp. 411 Ivy Street, San Diego, CA 92101 (866) 645-7711 Trustee's Physical Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202 Seattle, WA 98104 (866) 925-0241 Sale Line: 800-280-2832 or Logi n to: <http://wa.qualityloan.com> Trustee Number: WA-16-754637-SW State of: County of: On before me, I certify under PENALTY OF PERJURY under the laws of the State of WITNESS my hand and official seal. (Seal) Signature IDSPub #0121488 5/3/2017 5/24/2017

Published in the Leavenworth Echo/ Cashmere Valley Record on May 3 and 24, 2017. #77592.


NOTICE OF TRUSTEE'S SALE
Pursuant to the Revised Code of Washington 61.24, et seq. TS No.: WA-16-736299-SW APN No.: 28-19-29-555-030 Title Order No.: 160178721-WA-MSO Deed of Trust Grantor(s): KIMBERLY A KALIGIS, FRANK D KALIGIS Deed of Trust Grantee(s): FEDERAL DEPOSIT INSURANCE CORPORATION AS RECEIVER FOR INDIAMAC BANK, F.S.B., ITS SUCCESSORS AND ASSIGNS Deed of Trust Instrument/ Reference No.: 2228902 I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 6/2/2017 , at 9:00:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 6, BLOCK 1, PLAT OF ENTIAT FOREST CAMPS, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 6 OF PLATS, PAGE 19, RECORDS OF CHELAN COUNTY, WASHINGTON. More commonly known as: 18075 ENTIAT RIVER RD, ENTIAT, WA 98822 which is subject to that certain Deed of Trust dated 4/11/2006, recorded 6/6/2006, under Instrument No. 2228902 records of CHELAN County, Washington , from FRANK D KALIGIS AND KIMBERLY A KALIGIS, HUSBAND AND WIFE , as grantor(s), to FIDELITY NATIONAL TITLE , as original trustee, to secure an obligation in favor of FEDERAL DEPOSIT INSURANCE CORPORATION AS RECEIVER FOR INDIAMAC BANK, F.S.B., ITS SUCCESSORS AND ASSIGNS , as original beneficiary, the beneficial interest in which was subsequently assigned to Federal National Mortgage Association ("Fannie Mae"), a corporation organized and existing under the laws of the United States of America , the Beneficiary, under an assignment recorded under Auditors File Number 2417762 II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$44,158.02 . IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$165,388.30 , together with interest as provided in the Note from 7/1/2014 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 6/2/2017 . The defaults referred to in Paragraph III must be cured by 5/22/2017 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 5/22/2017 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 5/22/2017 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obli-

tion and/ or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 7/8/2016 . VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20 th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20 th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm . The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site:

Published in the Leavenworth Echo/ Cashmere Valley Record on May 3 and 24, 2017. #77617.

Love Crossword Puzzles?
Be a Sponsor
Call Carol 548-5286 or Lindsay 860-7301

PUBLIC NOTICES




Cashmere Valley Bank
PUBLIC NOTICE

Cashmere Valley Bank, 117 Aplets Way, Cashmere, WA 98815 is making application with the Federal Deposit Insurance Corporation for a branch license to establish a branch at 127 W. Yakima Ave., City of Yakima, County of Yakima, Washington State.


Any person wishing to comment on this application may file his or her comments in writing with the regional director of the Federal Deposit Insurance Corporation at its regional office at 25 Jessie Street at Ecker Square, Suite 2300, San Francisco, CA 94105-2780 not later than June 9th 2017. The non-confidential portions of the application are on file in the regional office and are available to public inspection during the regular business hours. Photocopies of the non-confidential portion of the application file will be made available upon request.

PUBLIC NOTICES

Still can't find what you're lookin' for?
Might be in the classified section.
Just sayin'...



See news? Call us... 548.5286

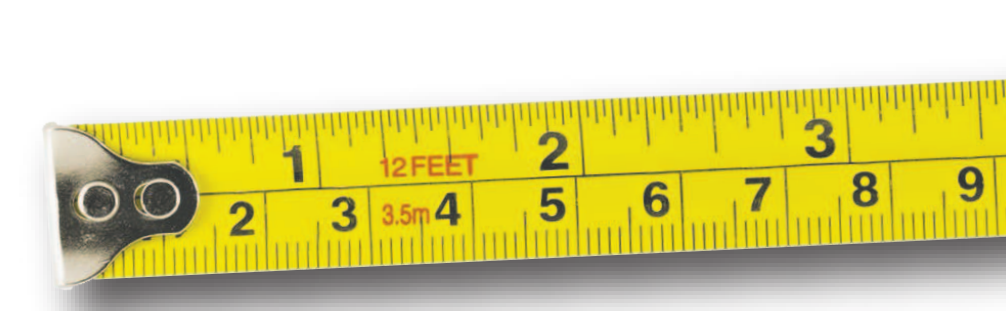



Sheriff/Fire/EMS
The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

- Leavenworth**
- Monday, May 15**
No report.
- Tuesday, May 16**
05:58 Agency assist requested at Mountain Meadows.
10:24 Public assist requested at 18698 Rieche Rd. Lake Wenatchee.
10:49 Property issue reported at Leavenworth Chamber.
11:49 CPS/APS referral at 164 W Whitman St.
12:02 Harass/threats reported at IRMS.
12:46 CPS/APS referral reported at 3432 Hansel Ln. Peshastin.
14:21 Alarm reported at Dryden Transfer Station.
19:11 Civil issue reported at 8703 Alice Ave. Dryden.
21:25 Agency assist requested at 123 Mill St.
- Wednesday, May 17**
06:52 Agency assist requested at 9020 Foster Rd. Dryden.
12:18 Malicious mischief reported at 16100 Chumstick Hwy.
12:23 Welfare check requested at 10189 Merry Canyon Rd.
14:30 Traffic offense reported at US2, MP100.
15:01 Welfare check requested at 10626 Stewart Ranch Rd.
21:34 Hazard reported at Main & Orchard streets.
- Thursday, May 18**
09:44 Harass/threats reported at 12795 Shore St.
16:18 Trespass reported at US2 & 9th St.
17:46 Drugs reported at Cold Stone Creamery.
19:44 Welfare check requested at Dan's Food Market.

- Friday, May 19**
10:35 Suspicious activity reported at 18578 Hazel Ln. Plain.
13:27 Parking/abandoned vehicle reported at 9504 Derby Canyon Rd.
17:08 Civil issue reported at 10700 Stemm Rd. Peshastin.
19:31 Suspicious activity reported at 3985 Old Blewett Rd.
23:04 Noise reported at 17799 N Shore Rd. Lake Wenatchee.
- Saturday, May 20**
No report
- Sunday, May 21**
00:44 Disturbance reported at Front & Division streets.
02:00 Alarm reported at 7550 US97.
02:00 Domestic disturbance reported at 17828 Chumstick Hwy.
09:20 Domestic disturbance reported at 12623 Spring St.
12:21 Agency assist requested at Snow Lakes Trail Head.
12:27 Property issue reported at Icicle Village.
13:00 Property issue reported at Dempsey Rd.
14:52 Burglary reported at 206 W Benton St.
19:07 Property issue reported at Gazebo Park.
20:12 Property issue reported at 21588 Lake Wenatchee Hwy.
21:35 Attempt to locate/contact person at Snow Lakes Trail Head.
21:57 Suspicious activity reported at Bavarian Lodge.
- Fire/EMS Responses**
- Monday, May 15**
06:47 CM,CC3,CC6 responded to an unknown accident at US97, MP168.

- 10:39 CM,CC3 responded to a fall at 263 Mine St.
15:07 CM,CC3,CC6 responded to a stroke at 10190 Nibblelink Rd.
15:08 CC3 responded to a commercial alarm at CHS.
20:35 CC3,Ball,CC6,CFD,CC1,CC8 ,DC2,DC4 responded to a structure fire at 19 S Miller St.
- Tuesday, May 16**
05:57 CM responded to a cardiac issue at Mountain Meadows.
06:39 CC3 responded to a commercial alarm at CHS.
21:25 CM responded to a cardiac issue at 123 Mill St.
- Wednesday, May 17**
04:00 CM,CC6 responded to a stroke at 8978 Motel Rd.
- Thursday, May 18**
No report.
- Friday, May 19**
10:26 CM,CC3 responded to a fall at 7714 Fish Hatchery Rd.
11:28 CM,CC3 responded to an unconscious person at Mountain Meadows.
20:18 CM,CC9 responded to a fall at 11130 Meadow Dr.
- Saturday, May 20**
14:15 CM,CC3 responded to a traumatic injury at Icicle Rd. MP6.
17:33 CM,CC3 responded to a fall at 114 Park Ave.
- Sunday, May 21**
11:08 CM,CC6 responded to a traumatic injury at Derby Canyon Rd.
12:21 CM,CC3 responded to someone with heat exposure at Snow Lakes Trail Head.
17:14 CM responded to a someone with heat exposure at 9255 Foster Rd.



The Classifieds...
measuring up to your expectations one ad at a time.

Are you searching for a better job or a more reliable car? Have you outgrown your apartment? Are you looking to get rid of that old couch and chair sitting in the garage? You'll find everything you need in the classifieds.

Whether you're buying or selling, the Classifieds has it all. From automobiles and employment to real estate and household goods, Your ad is always online for FREE.

Put the Classifieds to work for you, and inch even closer to your goals.

CASHMERE VALLEY RECORD **THE LEAVENWORTH ECHO**

classifieds@leavenworthecho.com
(509) 548-5286 • fax (509) 548-4789 • (509) 782-9074

A remarkable man



A MINUTE WITH THE MAYOR
Cheri Kelley Farivar

Peter would tell you that it was fortunate for them, because they fell in love with this town. But I will tell you that it was even more fortunate for our community because of the high caliber people that Peter and Joan were.

Although Pete was supposed to be retired, he certainly didn't act like it! He was one of those guys who just never slowed down. First,

he designed their new home and from that experience, he became a designer of more than 200 beautiful homes and commercial buildings that will grace the landscape of Leavenworth for decades to come.

Actually, that's how I first met Peter. I did an appraisal on one of the first homes he designed and I was impressed with his creativity and careful attention to detail. He had a

true love for Bavarian Style homes and his enthusiasm was just boundless! Now, Peter's extensive knowledge of Bavarian Architecture is evident throughout our fair city and over the years, his advice and counsel has been invaluable to the development of Leavenworth's Bavarian Theme.

But Leavenworth was never more fortunate than when Peter DeVries decided to run for City Council.

When a citizen decides to run for public office it is ad-

mirable, but when his service spans a period of nearly 18 years, it's more than admirable...it's remarkable! And that's what Peter DeVries was...he was remarkable. He was first elected to the Council in 1999. Over his tenure, he served on every standing committee, every special committee and every ad-hoc committee and every outreach committee that needed him and he always available to volunteer for additional duties. I think he served with five different Mayors and he served as Mayor Pro-Tem for 3 or 4 different terms. He was absolutely dedicated to the City and became the "Elder Statesman" of the City Council. He also represented Leavenworth by serving for several years on the Washington State Building Code Council.

In December of 2013, after 14 years on the City Council, Pete decided to step down from his duties so that he could spend more time with Joanie. But he just couldn't stay away! When we had an opening on the Design Review Board, he immediately volunteered and he continued to serve on the Design Review Board and on the Housing Affordability Task Force until just a couple of months ago. Think of it! 89 years old and still designing houses and serving the City. Peter has truly left his mark on Leavenworth!

Several years ago, Peter encouraged me to run for City Council and after I was elected, he became my mentor, pointing to the "ins-and-outs" of city government. A couple of years later, he was the first person to advise me to run for Mayor, and without Peter's support, kindness, advice and friendship, I would not have been nearly as successful in this job.

I can think of several occasions when my job as Mayor was particularly stressful, and Pete would bring me a vase of Joan's beautiful Dahlias, often with a funny card or note. One of my favorites was after a very contentious Council meeting with a lot of difficult criticism, a vase of flowers arrived at my door with a note that illustrates both Peter's intelligence and his wit. It said,

Madame Mayor, In the immortal words of World War II, U.S. Army General "Vinegar Joe" Stilwell, "Illegitimi non carborundum... which is Latin for "Don't let the bastards grind you down."

Love Pete In closing, I want to say this: When I was informed that Peter had passed away, I asked that all of our City of Leavenworth flags be flown at half-mast for a week to commemorate the sadness of losing such a great man. Peter DeVries was a man of high integrity and creative ideas.

He was committed to the betterment of his community in a way that is seldom seen. He was a thoughtful, gracious, dignified gentleman and a true public servant whose shoes will be impossible to fill. He will be sorely missed by his family and friends, by the City of Leavenworth, the City Council and on a more personal note, he will be greatly missed by me! Thank you, Peter, and thank you Joan for sharing your remarkable husband with all of us in Leavenworth. Our city is better for having known him.

The December 10th 2013 City Council Meeting will be the last City Council meeting for Council Member Peter DeVries who is serving his seventh 2 year term on the Council. Peter was initially elected to the Leavenworth City Council in November, 1999 and began serving in January, 2000. As Mayor-Pro Tempore, Council Member DeVries has provided leadership guidance, and insight on the many issues that have faced the City over the 14 years of service. Council Member DeVries provided a detailed review for many of the City projects, yet always pushed the council review decisions at a higher level to consider the broader implications and the fiscal responsibilities of a decision.

Doctor DeVries' leadership and community commitment is not limited to the City Council; he is a past member of the Cascade Medical Center Foundation, Cascade Education Foundation, Big Bend Community College Foundation, Wenatchee Valley College Foundation, the Washington State Building Code Council, and the Leavenworth Design Review Board. He also served as president of the Cascade Medical Center Board of Commissioners, a City Council representative on the Leavenworth Area Promotions (LAP) Committee and has served on numerous ad hoc committees for the Leavenworth City Council and Cascade School District.

Peter is a former high school and university teacher with degrees in biology and chemistry, and has a Doctorate from the University of San Francisco. He has served as a community college administrator and president for 20 years in California and Washington. His last position was as president of Big Bend Community College in Moses Lake. He has worked and traveled extensively in Europe and Japan. He and his wife Joan moved to Leavenworth in 1987 and since his retirement from education he has been actively involved as a designer, completing over 150 building projects in Washington State.

There's something for everyone in the local newspaper.

Hmm.

Hurmph.

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Health tips
- Online Access
- Breaking News
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities

Please indicate your subscription choice:

ONE YEAR 52 ISSUES

Call us today!
509-293-6780

Seniors over 65 receive \$2 per year discount on weekly issues *inside Chelan County*. Call for college student rates and multi-year discounts.



Publishers of:



THE LEAVENWORTH ECHO

- \$33.00 in Chelan County
- \$34.00 in Washington state
- \$36.50 outside Washington, in U.S.A

LAKE CHELAN MIRROR

- \$35.50 in Chelan County
- \$38.50 in Washington state
- \$49.50 outside Washington, in U.S.A

WENATCHEE BUSINESS JOURNAL

- \$24 for 1 year in Chelan County
- \$28 for 1 year in Outside Chelan County

CASHMERE VALLEY RECORD

- \$33.00 in Chelan County
- \$34.00 in Washington state
- \$36.50 outside Washington, in U.S.A

QUAD CITY HERALD

- \$30.50 in Okanogan County
- \$32.50 in Washington state
- \$45.50 outside Washington, in U.S.A

NCW Media Inc.
Attn: Circulation
P.O. Box 249
315 E. Woodin Ave. Chelan, WA 98816
Ph: 509-293-6780 or 509-682-2213
Fax: 509-682-4209

Name of person ordering: _____

Address: _____

Phone: _____

Send gift subscription to: _____

Address: _____

Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____

Paying by check?

Exp: _____ Visa MasterCard Discover Amex Check enclosed:

BUSINESS & SERVICE DIRECTORY



Add your business or service to this directory:
548-5286

EXCAVATION

Complete Excavating Service

- Power & Water Systems
- Dump Truck & Dozer
- Drainfield Repair
- Free Estimates
- Septic Systems
- Road Grading

Upper Valley EXCAVATING

(509) 548-3489
Leavenworth, WA

Licensed - Bonded - Insured
License# UPPERVE02ZPR

DRILLING

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.

Crt.Reg.#TUMWADP943RR

548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

STORAGE

DOWNTOWN CASHMERE MINI STORAGE

- 5x10-\$55 Per Month
- 10x10-\$75 Per Month
- 8x14-\$85 Per Month

- Secure Timed Keylock System•
- Mobile Platform Available•
- Burglar Alarm•
- Camera Surveillance•

782-8113

201 Cottage Ave., Cashmere

Remodeling

REMODELING

Residential Remodeling & Structural Repairs

Foundation to Roof Inside or Out

New Construction & Room Additions

Car Ports, Garages, Decks Outbuildings

36 years in trades, over 20 years in business
Local References.

DAVE SWIFT
782-5061

Contractors Lic. - REMODHMO44NW

STUMP REMOVAL

Quick 'n Easy Residential Stump Removal

10817 North Road, Leavenworth • (509) 548-8222
Kim & Rosalie Kozelisky
Licensed, Bonded, Insured • Cont. #UPPERVE200PI

CONNECT WITH YOUR CUSTOMERS

ADVERTISE

Businesses & Services

DIRECTORY

548-5286